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SPIRITUAL *Fitness*  
PLANNER



25

# WELCOME TO YOUR SPIRITUAL FITNESS JOURNEY

This planner is your companion for strengthening your faith and living your spiritual journey with intention and joy. Guided by the pillars of ACTS—Adoration, Community, Theology, and Service—it’s designed to help you weave these essential elements into your daily life.

Like any fitness plan, spiritual fitness calls for stretching, growing, and building habits that bring you closer to God. With the loose-leaf, write-in pages that you can find in the Narthex every month, you’ll set monthly goals, track your progress, and reflect on your growth. Whether through prayer, community engagement, learning, or service, this guide will help you put ACTS into action and live your faith with purpose.

Why ACTS? It provides a simple yet profound framework for a balanced and thriving spiritual life.



Adoration is the foundation, grounding us in worship and prayer.



Community connects us with others who share our faith.



Theology expands our understanding of God and His teachings.



Service calls us to live our faith through love and action.

As you move through the months, you'll use the ACTS Pyramid to visualize your progress, with Adoration as the base, supporting Community, Theology, and Service above it. By setting intentional goals, reflecting on your experiences, and tracking your journey, you'll witness how small steps can lead to incredible spiritual growth. Are you ready to grow in faith, deepen your relationship with God, and live out your spiritual fitness goals? Let's get started—one ACT at a time!



TRAIN YOURSELF FOR GODLINESS, FOR WHILE PHYSICAL TRAINING IS OF SOME VALUE, GODLINESS IS VALUABLE IN EVERY WAY."

1 TIMOTHY 4:7-8



# FAITH GAINS

## COUNTING YOUR BLESSINGS

To help you stay on track and visualize your spiritual growth, this planner includes a point system that lets you log your activities and see how you're building up your faith. Think of it as a spiritual workout where every step counts!

### **ACTS Point Guide:**

- Daily Activities (e.g., prayer, scripture reading): 4 points per activity
- Weekly Activities (e.g., attending Mass, volunteering): 3 points per activity
- Monthly Activities (e.g., parish events, Faithful First Weekends): 2 points per activity
- Once-a-Year Activities (e.g., retreats, major service projects): 1 point per activity

### **Bonus Points:**

For every hour spent on an activity, you earn 1 bonus point! For example, an extra hour of Adoration or volunteering adds another point to your total.

### **Double Points:**

Some activities fall into more than one ACTS category. For instance, a service project with your parish community could count for both Service and Community, doubling your points for that activity.

### **Points and the ACTS Pyramid:**

Your points contribute directly to the ACTS Pyramid:

- Adoration (base): Aim for the most points here, as it supports everything else.
- Community: The next highest point focus to foster connections.
- Theology: Deepen your understanding of God and faith.
- Service (top): Put your love into action by helping others.

By balancing your points, you'll see how your activities strengthen each layer of the pyramid.

### **Tracking Your Points:**

Pick up a Points Tracker from the back of the church starting January 5 or you can print it out from the SSJ website. Each month, a new tracker will be available to help you log your activities and totals. Keep it handy as you review your progress and reflect on your journey.

# WORKOUT YOUR — FAITH —

**Service (Peak):** Putting faith into action. Activities include volunteering, acts of kindness, and ministry work.

**Theology:** Growing in knowledge of the faith. Activities include Bible studies, Catechism sessions, and listening to Catholic podcasts.

**Community:** Building fellowship with others. Activities include parish social events, small group meetings, and family gatherings.

**Adoration (Foundation):** The base of our spiritual life. Activities include attending Mass, Eucharistic Adoration, daily prayer, and Confession.



## FAITH ICONS

### YOUR POINT-SPOTTER



**Service**



**Theology**



**Community**



**Adoration**

Keep an eye out for special icons representing Adoration, Community, Theology, and Service on promotions for events and activities. When you see an icon, it means participating in that event earns points in the corresponding category. Some events may feature multiple icons, allowing you to grow in more than one area of faith. Check out the example below. Think of these icons as your spiritual point “spotters”—use them as a guide to make the most of your spiritual fitness journey!



*Thanksgiving Food Drive*



# CATHOLIC CALISTHENICS

Ready to grow stronger in your faith and climb closer to God? Over the next few pages, you'll discover creative and meaningful ways to earn points while building your ACTS pyramid.

Each activity is like a step on a spiritual climb—whether it's a quiet moment in Adoration, lending a helping hand, or diving into Scripture, every effort brings you closer to the summit of your faith journey.

Get ready to explore the path ahead and find inspiration for incorporating Adoration, Community, Theology, and Service into your life. Let's start climbing!

## MASS TIMES

### Sunday Mass

- Saturday 5:00 p.m. Acoustic Mass
- Saturday 7:00 p.m. Spanish Mass
- Sunday 7:30 a.m. Silent Mass
- Sunday 9:30 a.m. Traditional Mass
- Sunday 11:30 a.m. Children's Mass
- Sunday 2:00 p.m. Spanish Mass
- Sunday 5:45 p.m. Life Teen Mass

### Daily Mass

- M, T, TH, F: 8:30 a.m. & Noon
- Wednesday 8:30 a.m., Noon, 6:30 p.m.

### First Fridays

- 8:30 a.m. & Noon | First Friday Mass
- After 8:30 a.m. Mass | All-Day Adoration
- 5:00 p.m. | Devotion to Sacred Heart of Jesus
- 6:00 p.m. | Meatless Meal
- 7:00 p.m. | Evening Prayer w/ Praise and Worship followed by Healing Mass
- After 7:30 p.m. Mass | Nocturnal Adoration

### First Saturdays

- 5:00 a.m. | Devotion to Immaculate Heart of Mary
- 7:30-8:20 a.m. & 9:15-11:00 a.m. | Reconciliation
- 7:45 a.m. | Communal First Saturday Devotion
- 8:30 a.m. | Mass with Morning Prayer
- After 8:30 a.m. Mass | Adoration with Scriptural Reflection on the Mystery of the Rosary

## DEVOTIONS

### Weekly

- 5 O'clock Virtual Rosary
  - Daily Via Zoom
  - Contact: Stephanie Hall
    - ssaggiehall@gmail.com
- Mary Mother of Grace
  - 24 Hour Online Prayer Devotion
  - Contact: Ana Lozano
    - analozanomil@gmail.com
- Ora Pro Nobis
  - Submit an online prayer intention
  - Contact: Joanne Yantosca
    - jsyenergy@aol.com
- Our Mother of Perpetual Help
  - Wednesdays after 6:30 p.m. Mass
  - Contact: Frederick Manual
    - frederickmanuel@yahoo.com
- Divine Mercy Chaplet
  - Wednesdays after 8:30 a.m., Noon, & 6:30 p.m. Mass
- Rosa Mystica
  - Mondays at 7:00 p.m. in the Church
  - Pray for SSJ's Prayer Petitions
  - Contact: Kendall Lasseigne
    - kendall.lasseigne@gmail.com

### Monthly

- Alliance of Two Hearts
  - 1st Friday of the month at 5:00 p.m.
  - 1st Saturday of the month at 5:00 a.m. in the Church
- Nocturnal Adoration
  - 1st Friday of the month at 8:00 p.m. - 8:00 a.m.
- Communal First Saturday
  - 1st Saturday of the month at 7:45 a.m. in the Church

# ADORATION

## Weekly Eucharistic Adoration:

- Wednesday 8:30 a.m. - 6:30 p.m.

## First Friday Adoration (1st Friday Monthly):

- All Day Adoration After 8:30 a.m. Mass
- Nocturnal Adoration After 7:30 p.m. Mass

## Adoración con alabanza y adoración en español (segundo viernes mensual):

- 7:00 p.m. - 9:00 p.m.

# RECONCILIATION

## Wednesday

- 11:00 a.m. - before noon Mass
- 12:30 p.m. - after noon Mass

## Saturday

- 10:30 a.m. - 11:30 a.m. (Spanish)
- 4 p.m. - before the 5 p.m. Mass

## First Saturday of the Month

- 7:30-8:20 a.m. & 9:15-11:00 a.m.

# CATECHISM HUDDLES

- The Mystery of Creation
  - Date: Wednesday, January 15, 2025
  - Time: 6:30 PM - 8:30 PM
  - CCC Paragraphs: 279-421
- The Incarnation
  - Date: Sunday, February 2, 2025
  - Time: 8:25 AM, 10:15 AM, 12:45 PM, 4:30 PM
  - CCC Paragraphs: 422-511
- The Public Life of Jesus
  - Date: Wednesday, February 15, 2025
  - Time: 6:30 PM - 8:30 PM
  - CCC Paragraphs: 512-570
- The Paschal Mystery & The Holy Spirit and the Church
  - Date: Sunday, March 2, 2025
  - Time: 8:25 AM, 10:15 AM, 12:45 PM, 4:30 PM
  - CCC Paragraphs: 1362-1372 & 638-810
- Mary, Mother of Christ, Mother of the Church
  - Date: Friday, March 2, 2025
  - Time: 7:00 PM
  - CCC Paragraphs: 963-972
- One Church with Diverse Roles
  - Date: Sunday, April 6, 2025
  - Time: 8:25 AM, 10:15 AM, 12:45 PM, 4:30 PM
  - CCC Paragraphs: 811-870
- Catechism Huddle: We Believe in Everlasting Life
  - Date: Sunday, May 4, 2025
  - Time: 8:25 AM, 10:15 AM, 12:45 PM, 4:30 PM
  - CCC Paragraphs: 988-1065

# TRAVELING STATUES



## St. Nino

- Daily Prayer - Chaplet, Prayer for the intercession of the St Nino, Prayer for the Family.
- Prayer on the last day before the return - the whole booklet.



## Fatima Pilgrim Virgin

- Daily Rosary and Prayers
- Prayerfully prepare for Enthronement of the Sacred Heart Images in the home on the Friday of your visit.
- Invite others to join you for prayers and Enthronement.



















## Vocations Cross

- Daily Prayer
- 40 Prayers for Vocations
- Final journaling diary
- Invite others to participate in Vocational prayers



SCAN HERE  
TO TAKE  
ONE HOME!

# UPCOMING EVENTS

	Date	Description	ACTS
Parish Conference	Saturday, January 11, 2025	A day-long event featuring guest speakers. Adults will enjoy talks, teens have activities, and kids get Vacation Bible School.	 
Valentine's Dinner & Dance	Saturday, February 8, 2025	Sponsored by the Knights of Columbus, featuring a dinner and dance to celebrate love and community.	
10th Annual Mardi Gras Celebration	Tuesday, March 4, 2025	A celebration with a parade, potluck, and palm burning.	
St. Joseph's Altar	Monday, March 17, 2025	A special feast day celebration in honor of St. Joseph with food and prayer.	
CCO Food Packing Event	Friday, April 4, 2025 - Saturday, April 5, 2025	A food packing event to support those in need through Cross Catholic Outreach.	 
Holy Week Missions	Thursday, April 17, 2025 - Saturday, April 19, 2025	A series of service projects and worship during Holy Week.	  
Divine Mercy Sunday Easter Eggs Hunt	Sunday, April 27, 2025	A fun Easter Egg Hunt on the plaza, with pizza afterward. Hosted by SSJ Family Council & SSJ Eucharistic Apostles of Divine Mercy.	
Vacation Bible School	Monday, June 2, 2025 - Friday, June 6, 2025	True North (Trusting Jesus in a Wild World): Join us on the ultimate Alaskan adventure! We'll point campers to Jesus, our faithful friend and True North.	 
Freedom Festival	Friday, June 20, 2025 - Saturday, June 21, 2025	Join us for an evening of Adoration and Praise & Worship with Sarah Kroger, followed by a day of service. Come experience faith in action!	  



# A NEW YEAR'S RESOLUTION — FOR YOUR SOUL —

**As you embark on this spiritual fitness journey, think of it as a New Year's resolution not just for your body, but for your soul. Committing to grow in faith, deepen your relationship with God, and serve others will strengthen you from the inside out. Just as physical exercise strengthens your muscles, spiritual exercise nurtures your soul, helping you become more resilient, more loving, and more aligned with God's purpose for you. This year, make your faith a priority—let it be the foundation of every resolution, and watch how it transforms you.**

